

> 12 Award winning parks



> 19 Signature pose



> 29 Booze views



the new wham mag

issue 204 // 17 September – 1 October 2010



Trip down memory lane

Battles of the Blitz remembered (p10)





KNOW A TALENTED YOUNG PERSON AGED 11 TO 19 YEARS?

Nominate a talented young person or group of young people aged 11 to 19 years now for their chance to win a Shining Through Award.

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In this issue we commemorate those who lived through the Blitz including my own personal memories from the time. National sweetheart Dame Vera Lynn recalls life in Canning Town (p9) and we also hear from two East Ham ladies who witnessed

the bombing from two different perspectives (p10). As we remember the old so we turn to the new as we look forward to the 2012 Games and beyond (p18).

Read on to find out more.

Cllr Pat Holland

Executive assistant member for the Olympic Games and ward councillor for Custom House

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

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Regulars

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 20 NEWHAM IN PICTURES** – your fortnight in photos
- 22 WORKING LIVES** – Stephen Jordan on the high speed railway
- 24 YOUR SPACE** – Nhung Vu on helping out in her community
- 30 OUR NEWHAM** – community news from across the borough
- 32 KIDS' CORNER** – poems, pictures and puzzles for our younger readers
- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free



10



12



22



24

Features

- 09 DAME VERA EXCLUSIVE** – legendary singer remembers her home town during WWII
- 10 LEST WE FORGET** – personal memories of Newham in the Blitz
- 12 PARKLIFE** – Green Flag awards for our great parks
- 14 FULL OF BEANS** – celebrating International Day of Older Persons
- 17 PRIME TIME** – primary elections open for Young Mayor 2010
- 19 STARRY HOMECOMING** – two former residents perform at Under the Stars
- 26 HEAD HEALTH** – looking after your mental wellbeing
- 27 OFF TO THE CIRCUS** – new autumn line-up at Stratford Circus
- 28 WORK IT OUT** – returning to work benefits
- 29 DRINKING IN THE STREETS** – give us your opinion

IN BRIEF //

Census boost for historians

Newham residents researching their family histories can get help at a new history page on the 2011 Census website – www.census.gov.uk/2011

The idea is to provide people who are keen to delve into their family's past with easy how-to guides, hints and tips.

The 2011 Census will take place on 27 March 2011 when everyone in England and Wales will be asked to complete and return a census questionnaire. For the first time the questionnaire can be completed online using a unique access code.

Mayor Sir Robin Wales said: "I cannot stress how important it is that we all take part in the 2011 Census. The more people taking part means the more we get to spend on what matters to our residents."

Condolences offered

Newham Council has offered its condolences to former civic ambassador Councillor Akbar Chaudhary and his family and friends following the death of his wife Rahat.

Mrs Chaudhary served as consort to her husband when he was chair of the council and civic ambassador for the municipal year 2008-2009.

Schools stride towards 2012

Newham schools will be heralding the Olympic Games coming to the borough by taking part in a walking relay with the 1948 Olympic torch.

Sheringham Junior School in Forest Gate will accept the torch from a school in Redbridge. It will be passed to ten other Newham schools before being handed to Waltham Forest.

The relay on 4 October is marking the Big WoW, an annual celebration that encourages children to walk to school and achieve a recommended 60 minutes of activity per day.

The other Newham schools taking part are: Sir John Heron, St Winefride's, Little Ilford, Avenue, Salisbury, Woodgrange, Godwin, St James, Forest Gate and Maryland.

Flag recognises park life

A prestigious Green Flag has been unveiled in East Ham's Central Park to recognise the service it provides to the community.

The park in High Street South, together with Forest Lane Park in Forest Gate, Stratford Park in Stratford, and Memorial

Park in West Ham, have all been given a Green Flag award by the Civic Trust.

Judging criteria includes having a welcoming atmosphere, a healthy, safe and secure environment, cleanliness and sustainability as well as an emphasis on community involvement.

The flag was unfurled by Deputy Mayor Councillor Andrew Baikie, East Ham's community lead councillor, Lakmini Shah and park users. Cllr Baikie said: "The Green Flag awards mean that Newham's parks are among the best in the country.

"They provide wonderful opportunities for everyone in the community. They are a place for everyone to connect with each other and keep active and fit."

Turn to page 12 for more news on our award winning parks.



First World War pals are saluted

Poppy wreaths on behalf of Newham Council and West Ham United FC have been laid on a battlefield in France to commemorate members of the West Ham Pals (13th Battalion Essex Regiment) who died during the First World War.

The unit was raised by the Mayor of West Ham in 1914 and volunteers from all over the East End answered the call of their nation, leaving families, jobs and their favourite football club, the Hammers, behind to fight for their country.

The wreath was laid in Lievin in northern France by council officer Ashley Elliott. It was placed at the remains of West Ham Lane trench, one of the main trenches used by the Pals. It has remained as agricultural land since 1918.

Mayor Sir Robin Wales said: "It is important we remember the sacrifices made by local people during all conflicts."





News

Council foils worker guilty of fraud

A payroll officer has been convicted of fraud after he took part in national athletics competitions while off work with a bad back.

Former Newham Council employee, Matthew Thomas, 34, was signed off sick after saying he had fallen from a ladder and injured his back. He was convicted of seven counts of fraud by false representation. He will be sentenced on 30 September.

Prosecutors told Inner London Crown Court that Thomas received £13,892 in pay while off sick for seven months from November 2007 until he resigned in June 2008.

Thomas raced in the Birmingham Athletic Games in February 2008 and the Surrey County Indoor Championships in March 2008, the court heard. Throughout the period he also led regular 90-minute coaching sessions for an athletics scheme set up by the Metropolitan Police.

Councillor Ian Corbett, the council's executive member for environment, said: "Matthew Thomas systematically abused his in depth knowledge of the system. We have a zero-tolerance approach to fraud and we have rigorous systems in place to detect this sort of practice. This case shows our robust internal audit procedures worked effectively."



Matthew Thomas

Container squatters moved on

Newham Council has taken action to remove squatters who have been living in shipping containers close to Star Park in Canning Town.



An enforcement officer on the site

The squatters had been occupying the containers on part of a building site in Star Lane close to the derelict former Anchor pub.

The council's street scene enforcement officers, the Metropolitan Police and the immigration service visited the site to serve a notice for the containers to be removed.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "Residents raised concerns about this site and we took swift action. The people occupying the containers had no right to be there and we have done everything in our power to move them on."

If the owners of the four blue containers do not remove them, the council will seize the containers and dispose of them and look to recover the costs of doing so.

Regeneration of market is secure

The proposed redevelopment of Canning Town's Rathbone Market will proceed after the final £13m of funding was secured to enable work to begin.

The money was obtained from the London Homes and Communities Agency. The £180m project will not only revitalise the market but will provide 650 new homes as well as new shops, cafés and community facilities. Work starts in the autumn.

It will be one of the first sites to be developed within the overall masterplan for the Canning Town and Custom House area. The cash had been at risk following funding cuts by the coalition Government. Newham Council will work with development partner English Cities Fund on the project.

Councillor Conor McAuley, executive member for regeneration, said: "This is excellent. The regeneration of this area is one of the greatest priorities for the council."



The proposed market scheme

Blitz spirit still endures



In this edition of the Newham Mag you can read about some of the unbelievable hardship and devastating change brought about by the Blitz.

Despite the turmoil it was also a time of pride, courage, resilience, kindness and humour. It was a time we should look at when we shape our ideas of community today and make the best decisions that are right for all of us.

During the Blitz, our communities worked together and everyone pitched in. People looked out for their neighbours and understood that they had a responsibility to each other and to their neighbourhood. Newham may have changed since then, but this tradition of kindness and tolerance has proved an enduring legacy. In Newham today 86 per cent of you said you believe this is a place where people from different backgrounds get on well. That is something to be proud of.

“The only consideration will be what will work best for the people of Newham and makes us proud to live and work here”

As a council we face having to make some tough decisions. We already have a record that's comparable with anybody on achieving efficiencies – some £70m worth over recent years. As a result we have the

lowest Council Tax in outer London while continuing to fund services people say matter most to them.

But facing another 25 per cent in cuts, as we have to do, is unprecedented. We have never seen the impact of this expected level of cuts before. But in the famous words of Corporal Jones from TV's Dad's Army – don't panic! You can trust us to make the right choices. Above all else, we will be fair.

The cuts imposed on us will be tough, but we will defend the things we all hold dear – in the same vein as those who gave so much during the war.

We will save in areas of less importance to us in order to invest in things which really make a difference. Things like free school meals which help our hard working families; like free swims which help keep our older residents active and our younger residents engaged; and free events like Under the Stars that bring us together as a community. The only consideration will be what will work best for the people of Newham and makes us proud to live and work here.



Mayor's view

Make time for coffee

Thank you to those of you who came along to the coffee morning I hosted at The Gate Local Service Centre with Manor Park lead councillor Kay Scoresby.

It was good to chat in a relaxed atmosphere and hear people's views on what they like or dislike about what we are doing.

I'll be holding more of those coffee mornings around the borough in future. Keep reading the Newham Mag or your In Focus supplement for details.

In the meantime you can join me at my Question Time on Monday 20 September, 7-8pm at Old Town Hall, Stratford.



Questions over coffee with Cllrs Winston Vaughan and Ellie Robinson

Sculpting a future landmark

I was able to get an early look at the first section of the Shoal sculpture, which is set to be installed in Stratford next year.

The designer, Christophe Egret, showed me the amazing leaf-like object covered in polished titanium. It is only part of one of 114 leaves that will be mounted on metal posts along Great Eastern Road past Stratford Station and the main shopping centre.

The leaves will gently move in the breeze making the Stratford Shoal the largest moving sculpture in the world and a new landmark for east London.

The half leaf is now on show to the public at the Old Town Hall courtyard. Pop in and see what you think.



Christophe Egret displays the leaf

It's all green to me



Gardening greats at Leyes Road

People who know me will tell you that when it comes to gardening I am green thumbs rather than green fingers. That's why I'm full of admiration for those who can make a garden blooming marvellous or grow superb fruit and veg.

I joined Baroness Molly Meacher, chair of East London NHS Foundation Trust, at the Leyes Road allotment in Custom House to launch The Green Place, a scheme to support the use of allotments for occupational therapy. Projects like this show what really can be achieved with a small space and a lot of energy.

I'm keen to support schemes like this, which give people something to do and a place to go to be involved in an activity. I hope to see many of the growers showing their own produce at next year's Newham Show.

with Sir Robin Wales

GET YOUR HOME READY NOW FOR THE WINTER



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(please quote Newham Council)

or apply on-line at
www.londonwarmzones.co.uk

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* Estimated saving of £265 a year is for a three bed semi-detached, gas heated property with full loft and cavity wall insulation installed.



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BLITZ MEMORIES FROM **DAME VERA LYNN**

Forces' sweetheart Dame Vera Lynn has opened her heart to the Newham Mag in an exclusive interview to mark the 70th anniversary of the Blitz.

The legendary singer, now 93, who grew up on Ladysmith Avenue, East Ham, urged residents to remember the massive German bombardment to ensure "an event like that is never repeated".

Dame Vera – whose hit songs included *We'll Meet Again* and *The White Cliffs of Dover* – vividly recalled the courage of residents whose motto during the raids was: "business as usual".

"I remember travelling into town in

my little Austin 10 from the East End. We had to drive around with no lights on because of the black out! I was performing at a show at the Holborn Empire, but the building was bombed and completely destroyed so it moved to the London Palladium. When the raids started we still carried on with the show, we never stopped.

"I'd drive through Canning Town with my tin hat beside me. I had a soft-top car! The spirit at the time was fantastic. If there was a raid people would run up and down the street calling out.

"The houses had little outside holes, where coal used to be dropped into cellars, where we sheltered. Neighbours would lift up the lid of the

coal holes and ask if we were okay. We'd come upstairs and find the kitchen windows were smashed.

"The 70th anniversary is a big event to remember those who gave their lives. They must always be remembered. It's important to let people know today what people went through, the rationing and how difficult it was."

Dame Vera now lives on the south coast but said: "Newham still has a special place in my heart; I have very fond memories of the area."

Dame Vera is also excited that two thirds of the 2012 Games will take place in Newham: "I imagine people are rather excited too. I feel very proud the Olympics are coming to Newham."

NEW HAM

DURING THE BLITZ

London's East End, with its industry and docks, was a key target for the Nazis during World War II. Here three residents share their memories of living through such an important period in our history.

Cllr Pat Holland

.....

The family of Councillor Pat Holland, executive assistant member for the Olympic Games and Custom House Ward councillor, was one of many that suffered during the Blitz.

Pat said: "I remember as a child walking through the rubble and bomb damage in streets with houses missing. My grandmother's house was bombed so she and my granddad with my mum's six brothers and two sisters all had to move in with my mum and dad.

"One day a rumour went round that there were a load of damaged houses standing empty and that any family that got to them could have them. It was like the gold rush! My mum got one, but it didn't have a roof and that was the house I was brought up in."

"My grandmother's house was bombed so she and my granddad with my mum's six brothers and two sisters all had to move in with my mum and dad"

Pat recalls how her cousin Rosie Peters narrowly missed becoming a victim of the South Hallsville School bombing, where as many as 400 people are thought to have died on 10 September 1940.

She said: "Rosie was a pupil at the school but on this particular day she wasn't well and stayed home. It was the day the bomb hit, the day when

children were waiting to be evacuated.

"So many children died because it was a direct hit. All Rosie's friends died and she always felt awkward after this."

Pat's father worked on the docks and was also an air raid precaution volunteer. She remembers: "He said one evening when he was searching for bodies he heard someone crying beneath the rubble. It was a young boy and my father dug him out with his bare hands."

While regeneration is breathing new life into the Royal Docks and the 2012 Games will be coming soon, Pat said there are many residents who endured those dark days of the Blitz.

Sylvia Beaman and Marianne Hall from East Ham

.....

Life-long friends from their school days, Sylvia recalls being evacuated to the countryside while Marianne stayed to endure the bombing.

Marianne grew up on Belgrave Road, E13, and said: "I was one when the war started and an only child. My dad didn't go to war as he was making armaments. I wasn't evacuated; my dad's view was we stay together in London as if anything happened to my mum, I'd be with her.

"We were bombed but we were never a direct hit. Mum and I always used to go to the shelter in the garden when the warning went.

"I remember her saying to me one time: 'now, when the all-clear goes we might not have a house.' When we came out we still had a house but the four houses opposite were gone and that's where the bomb had dropped – right opposite us.

"I think I was lucky to come through it when I look back. I feel proud of my mum and dad's generation"

"I went to Tollgate School when I was five. If during the night we'd been blitzed sometimes a few of my friends didn't turn up, they'd perhaps been killed. The actual school was bombed quite a bit as it was near the docks.

"I think I was lucky to come through it when I look back. I feel proud of my mum and dad's generation."

Sylvia said: "After the Blitz started, my father said I really ought to go away. What you had to do was queue up at East Ham Town Hall and they sent you to different areas. Sometimes you didn't have a choice and my mum and I were just sent to a small village in Northamptonshire called Kelmarsch.

"I found village life a bit too quiet. The school was very sparse, one schoolroom and one schoolteacher. Rationing was better though as there were farms.

"I couldn't quite believe it when it was declared that the war was over, I kept on thinking, 'but what if they come back?'"



Sylvia (l) with Marianne at the
War Memorial in Central Park, E6



Cllr Pat Holland
at the docks

PARK YOURSELF AT A PARK

Green Flags are flying once more in seven Newham parks and green spaces proving that they are amongst the best in the country. This prestigious award uses eight judging criteria including how welcoming, clean and safe the space is. Most of our parks have seen improvements thanks to a multi-million pound investment in sports facilities and play areas; if you can't remember the last time you visited your nearest one head down and rediscover what's on your doorstep.

Memorial Park, Memorial Avenue, E15

New state-of-the-art football and rugby facilities and a multi use games area (MUGA) have added to the activities on offer at Memorial Park. Alongside the award winning Grassroots Resource Centre, the Play Orchard for under sevens and the older children's play area, there's loads to keep young residents entertained. With vast green fields and an open air amphitheatre – for hire for outdoor shows or classes – it's no surprise that this park is flying its flag with pride once again.

For details of Grassroots sports activities and pitch hire call 020 7474 6376.

Forest Lane Park, Magpie Close, E7

Get back to nature at Forest Lane Park and discover why it's enjoying its 11th Green Flag award. The new landscaped play area complements the natural play area beside the lake and wildlife has never been more at home than within its grounds. Enjoy the self guiding nature trail while taking in mature woodland, the murky depths of the dipping pond and grassland meadows. Keep your eyes peeled and see if you spot the Lesser Spotted, Great Spotted or Green woodpeckers.

Stratford Park, West Ham Lane, E15

If you want a pocket of peace amongst the hustle and bustle of one of the busiest places in the borough, Stratford Park will more than meet your needs. Whether you want to relax, play sport or enjoy the adventures of the playground, one visit to this pretty park will make you understand why it's won this prestigious award for the sixth time.

Central Park, High Street South, E6

With around half-a-million visitors coming through the gates of Central Park every year, this is one of Newham's most well-used and popular parks.

The 25-acre site dates from 1898 and, despite a number of recent improvements, has largely retained its historical design. And it's this old meets new approach that has secured the park its Green Flag for the fifth year.

The Heritage Lottery Fund generously donated £1.9m towards the park's restoration, which was matched by £600,000 from the council.

Visitors can now enjoy an improved café building and new footpaths and lighting which have made the historic war memorial garden all the more poignant. Many of the park's original features have been restored to their former glory including formal garden areas and the original Burges' drinking fountain and sundial.

Did you know?

Three other green spaces in Newham also have Green Flag status.

West Ham Park and City of London Cemetery, both managed by the City of London Corporation, are also award winners, as is Bow Creek Ecology Park, managed by the Lee Valley Regional Park Authority.

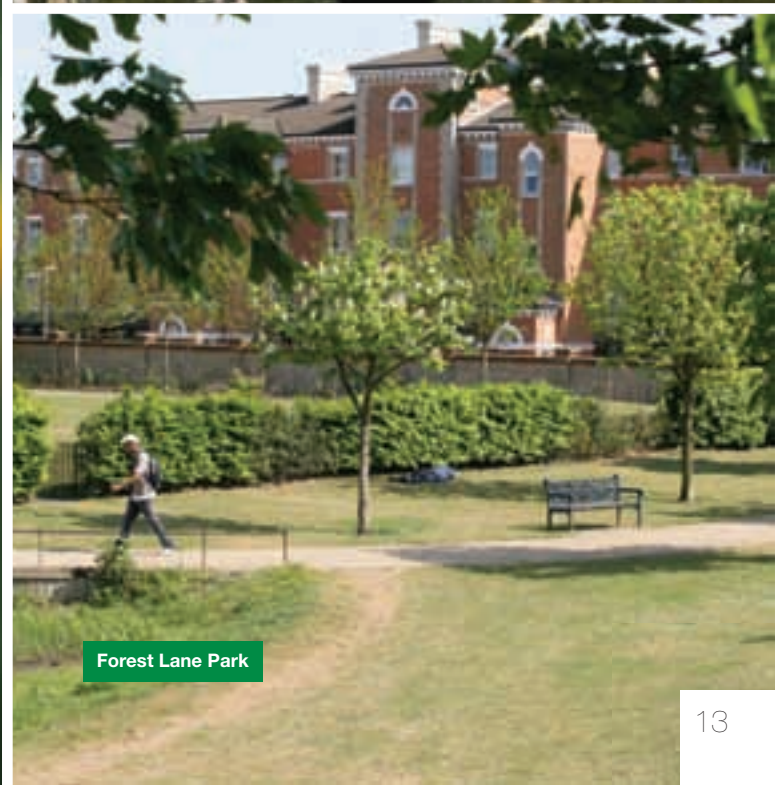
If you would like to become involved in any of these parks and help improve them even more, then why not join the Friends group? Contact us by calling 020 8430 2000 or emailing parks@newham.gov.uk



Memorial Park



Stratford Park



Forest Lane Park

Full of life



Celebrate International Day of Older Persons the active way on Friday 1 October.



From 12noon 'til 7pm, Newham Leisure Centre on Prince Regent Lane, E13, will be full of free activities for all Newham residents aged 50 and over. Seize the day and try out all kinds of sports, from aqua aerobics and cricket to new

age kurling and chair cheerleading. There's bound to be something to put a smile on your face while getting those endorphins pumping.

Some activities are very popular so you will need to reserve your place in advance by calling **020 3373 1591**. These are:

- > yoga; 12noon-1pm and 6-7pm
- > club wellness aerobics; 4-5pm
- > aqua aerobics; 12noon-1pm and 3-4pm
- > tea dance; 1.30-3.30pm
- > salsa; 12noon-1pm and 6-7pm
- > chair cheerleading; 1-2pm
- > health walk; 5-6pm
- > Nordic walk; 3-4pm

Information stalls, health MOTs and refreshments will also be available on the day.

Cadbury, the official treat provider of the 2012 Olympic and Paralympic Games, will also be present to promote their new Spots v Stripes campaign.

The event is being run in partnership with GLL, Age Concern, NHS Newham and local sports clubs.

For more information contact Lisa Brivati on 020 3373 0301 or email: lisa.brivati@newham.gov.uk

Time for tea dancing

Our popular programme of free monthly tea dances for residents aged 50 and over continues. Starting with a celebratory swing at the Full of Life event on 1 October, you can dance your way into autumn at the Old Town Hall, 29 Broadway, E15, on these dates:



Thursday 11 November
(Remembrance Day),

1.30-4.30pm

Monday 6 December, 1.30-4.30pm

Monday 17 January, 1.30-4.30pm

For more information or to book your place contact Mary Patel on **020 3373 4885** or email mary.patel@newham.gov.uk





Building safer communities

Be ready to respond in any emergency

The British Red Cross trains people in life-saving skills, so they can respond to emergencies in their communities. Our community based first aid programme has been established to deliver low cost, accessible key first aid skills to local communities within Newham.

We are running a series of courses throughout Newham. Please contact Alison Roche for further information on course availability, the cost and how to book your place.

Telephone: **020 8662 6043**

Email: **aroche@redcross.org.uk**

Alternatively you can find out more on first aid and see further tips on how to act in an emergency by visiting our website at:

redcross.org.uk/firstaid

Supported by



This campaign is generously supported by Brit Insurance as part of our long term partnership, *Building safer communities* across the UK. For more information on how to prepare for emergencies please visit: **redcross.org.uk/prepare**

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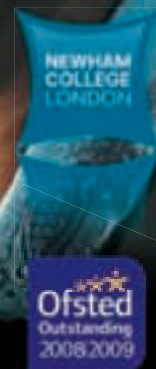
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www.newham.ac.uk/ucs





Starting school in Newham

Reception class places for September 2011

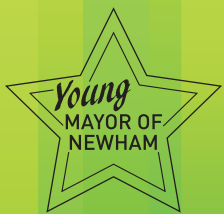
If your child will have their 5th birthday between 1 September 2011 and 31 August 2012 you need to apply for a reception class place now.

The deadline for a reception class place for September 2011 is **15 January 2011**. If you miss this date you will have less chance of getting the school that you prefer.

From **13 September 2010** you can pick up a copy of the autumn 2010 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

To make sure you apply on time, **apply online.**
www.eadmissions.org.uk





Let the primaries begin

Monday 27 September to Tuesday 5 October

Since 2007 young people in Newham have been taking matters into their own hands. With the authority and powerful democratic mandate given them through the Young Mayor and Youth Council, they've been getting the views of Newham's young people heard at the highest levels – and it's almost time to vote in this year's primary election.

The Young Mayor and Youth Council represent all 11 to 17-year-olds who live, work or study in the borough, giving them a voice on major issues and an opportunity to influence big decisions.

Newham is officially the youngest borough in the UK. Thirty-seven per cent of residents are under the age of 25, which means that they make up more of the population here than anywhere else in Britain. So it's all the more important they have a voice and influence how things are done in Newham and further afield.

It's almost time to vote in this year's primary election which will decide who the final 15 candidates competing to become the next Young Mayor will be.

Current Young Mayor Kaycee de Belen said: "Since I was elected in October, I've had the opportunity to make a difference

for young people in Newham.

"Through your vote I was able to create opportunities for under 18s to volunteer at the 2012 Games and speak to the police commissioner at New Scotland Yard about working more effectively with young people.

"It's important that all young people in Newham now make sure that they vote for someone who will continue to work hard for them."

You can read about all the 2010 nominees and their priorities by visiting www.newham.gov.uk/youngmayor/elections

The primary election runs from Monday 27 September to Tuesday 5 October. The final 15 candidates will be announced on



Kaycee and deputy young mayor Aadilah Ismail

Thursday 7 October.

A final election takes place with a paper ballot on 3 and 4 November when the Young Mayor of Newham 2010 will be announced.

YOUR VOTE COUNTS!





Newham Summer Active Centres

Aged 50 or over? Come along for free activities and entertainment.

Go along to a Summer Active Centre near you and enjoy FREE entertainment:

- Trim Trails
- Disco dancing
- Themed coffee mornings
- Down Our Street
- Singing
- New Age Kurling
- Free swims (60+)
- Wii league
- BIG bingo!
- Health checks
- Planting and growing
- Afternoon tea and bowls
- Refreshments
- And lots more!

Available to Newham residents only.
For further information please call **020 3373 0625** or visit **www.newham.gov.uk**

Ascension Centre

Baxter Road
Custom House E16 2PB
020 7511 1232
Tuesdays and Thursdays
10.30am - 1.30pm

Beckton Community Centre

14 East Ham Manor Way
Beckton E6 5NG
020 7511 1214
Mondays 10am - 4.30pm
Tuesdays 10.30am - 3pm
Wednesdays and Thursdays
10am - 3.30pm
Fridays 10 - 11am

Bryant Street Methodist Church

Bryant Street
Stratford E15 4RU
020 8534 0085
Tuesdays 10am - 3pm

Chandos Community Centre

Colegrave Road
Stratford E15 1DZ
020 8534 0140
Mondays 11am - 2pm

Chatsworth Community Resource Centre

4 Chatsworth Road
Stratford E15 1RE
020 8555 4477
Wednesdays 12noon - 3pm
Drop-in café available weekdays
10am - 3pm

Community Road Centre

Community Road
Stratford E15 1JT
020 8534 0664
Wednesdays 12noon - 4pm

Cundy Community Centre

Hartington Road
Custom House E16 3NP
020 7474 6056
Mondays 12noon - 3.30pm
Tuesdays - Thursdays 1 - 3pm
Sundays 7 - 10.30pm

Field Community Centre

147 Station Road
Forest Gate E7 OAE
020 8536 2800
Tuesdays 10.30am - 4.30pm
Wednesdays 12noon - 4pm
Thursdays 12.30 - 1.30pm
Fridays 10.30 - 11.15am

Granwell Community Centre

97 Whitwell Road
Plaistow E13 8DA
020 7474 5930
Thursdays 12.30 - 3pm

Grassroots

Memorial Park
West Ham E15 3DB
020 7474 6376
Mondays 10.30 - 11.30am

Hathaway Community Centre

Hathaway Crescent
Manor Park E12 6LR
020 8548 4980
Thursdays 11.30am - 3pm

Ascension Centre

Baxter Road
Custom House E16 2PB
020 7511 1232
Tuesdays and Thursdays
10.30am - 1.30pm

Beckton Community Centre

14 East Ham Manor Way
Beckton E6 5NG
020 7511 1214
Mondays 10am - 4.30pm
Tuesdays 10.30am - 3pm
Wednesdays and Thursdays
10am - 3.30pm
Fridays 10 - 11am

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Grassroots

Memorial Park
West Ham E15 3DB
020 7474 6376
Tuesdays 9.30am - 12noon

Hathaway Community Centre

Hathaway Crescent
Manor Park E12 6LR
020 8548 4980
Thursdays 11.30am - 3pm

St John's Community Centre

Albert Road
North Woolwich E16 2JB
020 7476 1666
Tuesdays 10am - 12noon
Thursdays and Fridays 1 - 3pm

St Pauls Church Centre

227 Burges Road
East Ham E6 2EU
020 8472 5531
Mondays 10am - 12noon

The Hub

123 Star Lane
Canning Town E16 4PZ
020 7473 5249
Saturdays 1 - 2pm

The Well Community Centre

49 Vicarage Lane
East Ham E6 6DQ
020 8586 7070
Tuesdays and Wednesdays
10am - 3pm

Trinity Community Centre

Bothwell Close
Canning Town E16 1QS
020 7476 5120
Mondays, Wednesdays, Fridays
9.30am - 1pm

Trinity Community Centre

East Avenue
Manor Park E12 6SG
020 8472 8947
Tuesdays 1.30 - 3.30pm
Wednesdays 1 - 3pm

Upton Centre

Claude Road
Plaistow E13 0QB
020 8552 8647
Wednesdays, Thursdays and Fridays
11am - 2pm

Woodman Community Centre

Woodman Street
North Woolwich
E16 2NF
020 7511 1214
Wednesdays 2 - 4pm

New this year

Abbey Gardens

Bakers Row
Stratford E15 3NF
Tuesdays 10am - 12.30pm
From 11 May - 30 September

Park Community Centre

Dormer Close
Stratford E15 4LQ
020 8536 2800
Thursdays 10am - 2pm
From 27 May

STARRY NIGHTS ARE A HAPPY HOMECOMING

Around 42,000 residents enjoyed the Under the Stars extravaganza organised by Newham Council and for two of the performers it was a real homecoming.

Heatwave singer Roy Carter was delighted to be back in the borough where he grew up and went to school.

"I was raised in Forest Gate so to come and perform for the first time in the area where I took the first steps on my journey into music was a treat," said Roy, now based in the Midlands.

A former pupil of Maryland School in Stratford, Shaftesbury School in Forest Gate and the former Trinity School in Canning Town, the guitarist and singer was a founding member of Heatwave in 1976. Their hits include *Boogie Nights*, *Always and Forever* and *Mind Blowing Decisions*.

"... to come and perform for the first time in the area where I took the first steps on my journey into music was a treat."

Roy's father encouraged him to pursue a musical career and he also received support from all the schools he went to. He is encouraged by the council's Every Child A Musician scheme to give primary school pupils a free instrument.

He said: "It's a brilliant idea. We need to invest in our musical youth. I saw

a similar scheme when I worked in Germany and look how many classical musicians that country turns out."

Another performer returning to Newham was Suleman Mirza, a former pupil at Plaistow's Lister Community School and one half of Signature, the Michael Jackson tribute act.

Suleman and pal Madhu Singh found fame on ITV's Britain's Got Talent two years ago in front of Simon Cowell.

He said: "It was the first time I'd performed in Newham since the TV show so it was great to be back. I've got family in Manor Park and was able to catch up with them.

"We've not stopped since the surreal experience of sitting on Oprah Winfrey's sofa and, of course, meeting the King of Pop in person.

"We've got a feature film coming out next summer but to get the chance to perform at the 2012 Olympics opening ceremony in Stratford would really be something special."

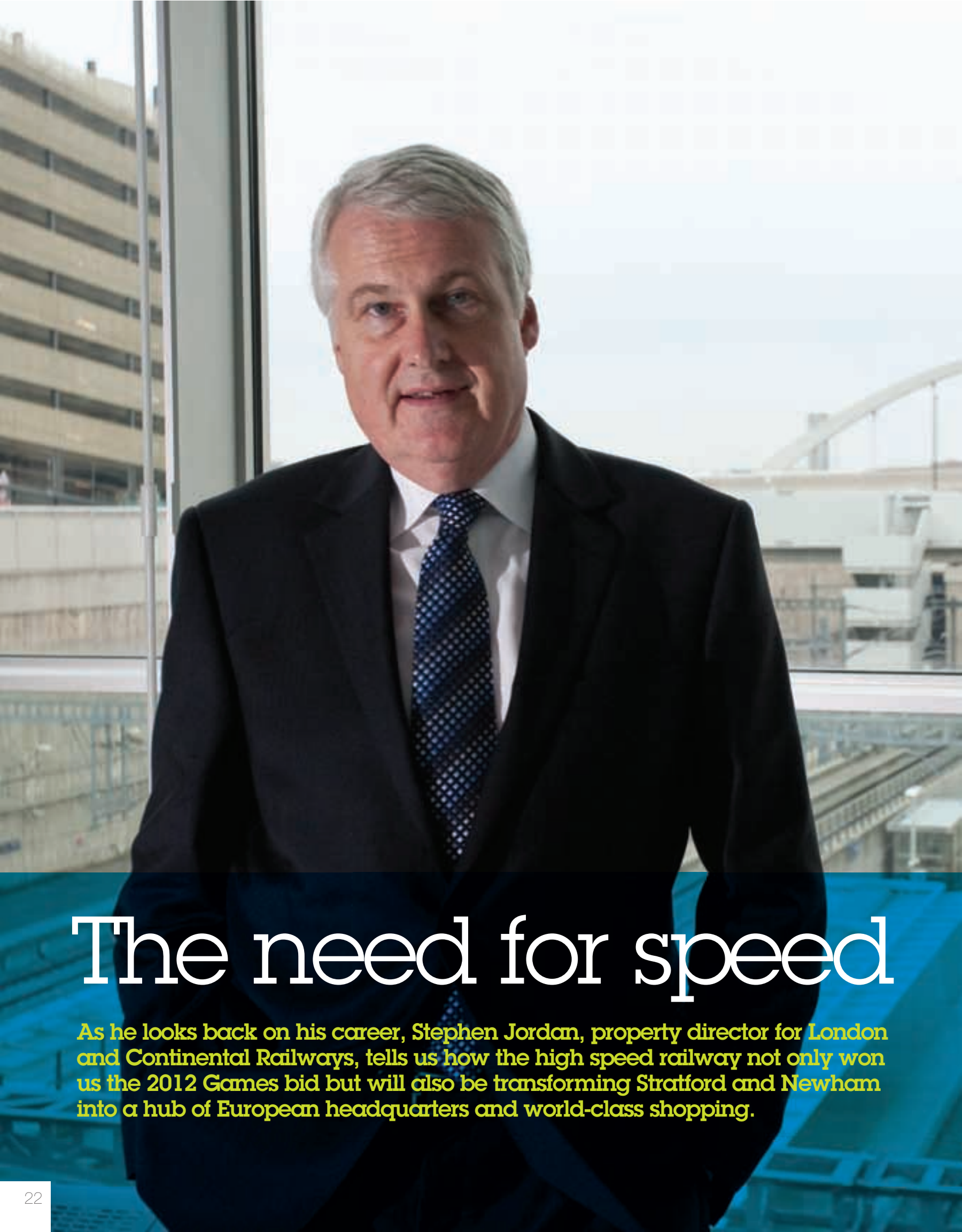




Newham in pictures



1 New shoots: the first leaf of the Shoal sculpture visits Stratford. **2** Bowled over at Memorial Park's Picnic in the Park. **3** Pepper pot: shifting the last of the season's crop at the East Ham Summer Festival. **4** This little visitor to the Playday at Beckton District Park shares some makeshift music with the masses. **5** Old meets new down at the docks: a plane flies overhead beside the Dockers' Statue outside ExCeL.



The need for speed

As he looks back on his career, Stephen Jordan, property director for London and Continental Railways, tells us how the high speed railway not only won us the 2012 Games bid but will also be transforming Stratford and Newham into a hub of European headquarters and world-class shopping.

On the eve of his retirement, Stephen explains how the first real high speed line this country has ever seen will be revolutionising our borough and international commerce.

Where do the new High Speed 1 (HS1) trains currently travel to and from?

They run from St Pancras and Stratford International to places like Ashford and Canterbury in Kent, and St Pancras International to Paris and Brussels. However you can connect to other French and Belgium cities so you can go down to the south of France without even getting off the train and in the winter you can get the ski train.

The trains can reach 186mph – which is very fast!

Do you hope that international trains will stop at Stratford International station?

Yes. International trains won't stop there until the 2012 Games because obviously it's a building site at the moment and having to use the shuttle bus slows things down. But I think personally that Stratford would be a natural place for this because they'll be a business centre in Stratford.

How did the high speed railway help win the 2012 Games bid?

London scored really well on the bid for 2012 but on the first round of bidding the transport plan was not strong. Now, there were lots of other things that won the Games – Seb Coe and all that – but because we put forward this idea of having javelin trains on HS1 which could ferry athletes between here and central London in seven minutes, I think that's what suddenly transformed the weakness into a strength. I don't think without HS1 Stratford would have been seen as connected enough to host the Games.

Was Stratford City and the business district already planned before the Games?

Yes. The Games are great but it's six weeks out of fifty years and you've got to think what comes next, what's sustainable and Westfield shopping

centre and the business district will be here for years to come.

How much extra investment do you think the high speed railway will bring to the borough?

Several billions. We're creating an economic generator or driver that's probably as big as Brighton! Which is quite incredible really. Our office development for the business district is about 4million square feet which is big. In terms of job development and new homes it will eventually be bigger than Canary Wharf.

However, we've never thought we're competing with Canary Wharf. That district is focussed on financial services whereas Stratford's business district will be more European headquarters of blue chip companies and general offices – it's going to be a different animal.

And then you've got Westfield Stratford City which will be bigger than Westfield White City and Bluewater. There's going to be three anchor shops; John Lewis, Marks and Spencer and one to be confirmed, as well as about three hotels. Stratford City will be opening next year, the Olympic village will be converted into housing sometime after the Games, and we should see the first offices opening the back end of 2014.

What impact do you think this will have for the rest of Newham?

I think it'll be very good, because with Stratford being strong and the focus now on the Royal Docks, you've got two major economic drivers. And I think they'll be a halo effect from here which will work up through Canning Town and then come the other way from Stratford. So it's all good news for the whole borough.

I see a really exciting time ahead. I retire feeling very confident that Newham is now firmly on the international map.

For the latest information on all regeneration projects happening across the borough visit www.newham.gov.uk/regen

Got something to
shout about? Email your
ideas to [@newham.gov.uk](mailto:newham.mag)

YOUR SPACE

where young people take control

COMMUNITY CENTRED

Nhung Vu, 17, from Beckton talks about helping out in the community with her online youth group.

"Young people are often seen as not caring. Myself and three other friends wanted to change this image. We set out on a fundraising project, raising money for SCASS (Specialised Care and Support Services). SCASS is a not for profit organisation situated in Newham which supports young people with learning difficulties and disabilities. As part of this project, we did a sponsored walk, sold artwork and did odd jobs for teachers.

"SCASS is a not for profit organisation situated in Newham which supports young people with learning difficulties and disabilities"

"In total, we managed to raise £225 in just over three weeks. We donated the money to SCASS who are using it to repaint their building – Blossom House in Forest Gate. SCASS chose the paints and I organised the volunteers to help with the job. We've also created a mural.

"I heard about SCASS through Newham Young People Online (NYPO), a youth group also based in Newham. They work in partnership to create an inclusive community where people of different ethnic backgrounds and abilities work together through outings and courses. This partnership is called the Together in Newham project. As secretary of NYPO, I wanted to link the fundraising project with our youth group by recruiting members of NYPO, young people from SCASS and other friends to help out. In total, around 20 young people have helped out. Almost everything about this project has been youth led – from the fundraising, to the painting to the mural designing. Overall, give or take a few weather problems, the project and the partnership have been really successful."



Nhung Vu (l) with Yunhong Xue, Baavitran Christy and Adorcille Abat from NYPO at Blossom House

If you'd like to find out more about Newham Young People Online or to join the group visit <http://nypo.org>

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

Revitalize Body Mind & Soul **HATHA YOGA**

Tuesday 6.30pm - 7.30pm

Friday 10.30am - 11.30pm

Price £5/£3

Children's yoga coming soon, for further info call
07908 23 23 77 or visit **www.yocoma.co.uk**

The Hub
123 Star Lane,
Canning Town, E16 4PZ.



Training and Conference facilities

**Newham's Professional Development Centre for hire
for meetings, training seminars and events.***

- > 14 Rooms for groups of 6-150
- > most with wheelchair access
- > £66 to £211 per day
- > with multimedia projector, video, flipchart
- > off-street parking for 120 cars
- > Café – meals, snacks and refreshments
- > Media Services – one-stop print shop

*Not available for party hire

Credon Centre / 020 3373 4289 / www.npd.newham.gov.uk



STEP OUT IN SEPTEMBER

Sunday 26 September

Central Park, High Street South, East Ham E6



WOULD YOU LIKE TO BE MORE ACTIVE? COME ALONG WITH YOUR FAMILY AND FRIENDS TO WALK A MILE.

Register online at www.newham.gov.uk/stepout or on the day by 9.30am at Central Park Café for a 10am start.

Walkers must be 16 years and over, the route is one mile around the park which will take on average 10 to 20 minutes, depending on ability and pace.

The walk is suitable for all abilities including those in wheelchairs and new walkers.

Nearest tube: East Ham (District line) and Beckton (DLR)
Buses: 5, 15, 58, 101, 104, 147, 300 and 115.

For more information contact Paula or Chris on
telephone: 020 3373 6588 or 020 3373 1093
email: getactive@newham.gov.uk

You can also visit the Walk4life website to record your walk time and build a personal fitness log as well as find more mile walk routes.

Visit **www.walk4life.info** or **www.whi.org.uk**

*Food and drink will be available to purchase from the café. Pin badges and pedometers available to purchase on the day and certificates are given to all completers.



www.newham.gov.uk/stepout

WHERE'S YOUR HEAD AT?

Life is a rollercoaster of emotions, full of highs and lows. We all have our bad days but there's a difference between not wanting to get out of bed and not getting out of bed at all.

Whether you eat smart or not, you'll be aware that a balanced diet and regular exercise is essential to leading a healthy life. What is just as important, but often overlooked, is the importance of our mental health and wellbeing.

Even in the 21st century mental health is still stigmatised. However, mental illness shouldn't hamper people from living happy lives. Chances are we all know somebody who has, is or will experience some type of mental health condition, whether long term or temporary. Mental illness can affect anyone – even you. To help you maintain your mental health follow these five steps towards a healthy mind:

connect – develop relationships with people that will enrich your life and support you through good times and bad

be active – taking up a sport or hobby will make you feel good and help maintain your mobility and fitness

be curious – stop taking everything for granted and look for the extraordinary in the ordinary. Discover the beauty of everyday moments and reflect on them to appreciate what matters to you

learn – learn something new. Challenge yourself, have fun and grow in confidence

give – helping friends and strangers contributes towards creating a better community and is really rewarding.

These everyday tips only go some way to maintaining your mental wellbeing. If you're still not feeling right, always speak to your GP.

Celebrate World Mental Health Day 2010

For more information on mental health and wellbeing come and celebrate World Mental Health Day on **Saturday 9 October**. The theme for this year is *Ain't Mad, Ain't Psycho*. From 11am-3pm, the East Thames building, 29-35 West Ham Lane, E15, will host free workshops, live entertainment, music, dance and information stalls from local mental health providers. Everyone's welcome. For more information call Divya on 020 8221 2090.



New season at Stratford Circus

With the nights closing in, now's the perfect time to spice up your life with a slice of culture. From comedy and cabaret to theatre and dance, Stratford Circus in Gerry Raffles Square is bound to entertain you this autumn.



Jah Wobble



Ockham's Razor



The Spaghetti Horse

There really is something for everyone. For the first time the *London African Music Festival* comes to east London while the stunning *My East End* photography exhibition sheds new light on our local street scene.

Highlights coming up this season include:

Ockham's Razor – *critically acclaimed aerial theatre. Come experience the sweat, grind and grit of physical work in a wheel of wood and steel, powered by five performers and suspended in the air.*

The Spaghetti Horse – *slapstick, live music, eccentric dance, circus and panto, the show will fulfil and challenge your expectations of clowning.*

Jah Wobble – *an ambassador of music and original East Ender, he takes to the main stage with his unique jazz orchestra.*

There's also a great fortnightly Saturday programme of events for children and families called **Stratford Circlets**. This innovative programme of shows includes *Baby Loves Disco* and *Fantastic Mr Fox*, as well as the end of the year Christmas show, *The Night Before Christmas*.

WIN! WIN! WIN!

To celebrate the new season, Stratford Circus, Gerry Raffles Square, E15, is giving away a pair of tickets to the following shows:

- Ockham's Razor, Friday 1 October, 8pm
- The Spaghetti Horse, Sunday 17 October, 6pm
- Jah Wobble, Friday 12 November, 8pm

To be in with a chance of winning, simply answer this question:

What is the name of Stratford Circus' fortnightly Saturday programme of events for children and families called?

Send your answer – stating your first and second preference – with your name, address and daytime telephone number to: Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QD or email newham.mag@newham.gov.uk

The deadline for entries is Monday 27 September.

For details of all events at Stratford Circus visit **www.stratford-circus.com** or call **0844 357 2625**.

THE BENEFITS OF WORKING

If you've been unemployed for a while getting back to work can be easier said than done, especially if you've been relying on State benefits to keep you afloat. But going back to work doesn't necessarily mean you'll be financially worse off as there are benefits you can claim while working.

Help with rent and Council

Tax: depending on your income, circumstances and how much rent or Council Tax you pay – whether you're working or not – you can get help towards both by claiming Housing Benefit or Council Tax Benefit.

Extended help with housing

costs: if you were receiving Housing Benefit and/or Council Tax Benefit while you were out of work you may still be able to continue to get this help for up to four weeks when you start a new job. Extended Payment of Housing Benefit and Council Tax Benefit is available to people who were on Income Support, Jobseekers Allowance, Employment and Support Allowance or Severe Disablement Allowance for at least 26 weeks continuously before starting work.

For more information about Housing Benefit or Council Tax Benefit, call 020 8430 2000, pop into a Local Service Centre or visit www.newham.gov.uk

In Work Credit*: if you are a single parent, have been on Income

Support, Jobseekers Allowance or Employment and Support Allowance for 12 months or more and start work for at least 16 hours per week, you may be able to get In Work Credit. This is an extra payment of £60 a week for the first 12 months of work.

Job Grant*: if you start work for 16 hours or more per week and have been claiming Income Support, Jobseekers Allowance, Employment and Support Allowance or Severe Disablement Allowance and Incapacity Benefit continuously for more than six months you may be entitled to a Job Grant. The amount you get depends on your circumstances.

Working Tax Credit (WTC): this can be paid to single people and couples, with or without children, who work and are on a low income. WTC can also help with the cost of childcare. You do not need to have been previously unemployed to claim WTC.

***You must claim these benefits from the Jobcentre within five weeks of starting work**

Newham's Workplace can help you get back into work and advise you on any benefits/credits that you may be able to claim. Call Workplace on 020 3373 1101 or visit www.newhamworkplace.co.uk
For more details of benefits you can get while working visit www.direct.gov.uk/workingbenefits



WANTED: YOUR THOUGHTS ON CONTROLLED DRINKING ZONES

Following your concerns about street drinking, the council and police introduced a Designated Public Place Order (DPPO) just over a year ago, to cover Stratford and Forest Gate town centres and surrounding areas.

Also known as controlled drinking zones, the DPPO gives the police powers to stop people drinking and/or confiscate their drink if they are, or are likely to cause, a nuisance. Those who fail to stop drinking or carrying out threatening or intimidating behaviour could be handed a penalty notice of £50 or arrested.

A recent review of the current zones showed some positive results, with a reduction in alcohol-related incidents including street drinking and drunken behaviour.

Findings showed that of those who had their drinks seized by the police, 88 per cent went on to stop drinking within the zone. Since the zones were introduced, nine people have had alcohol seized from them on more than five occasions. There have been a total of 829 recorded seizures made from 609 individuals.

In addition, reports of street drinking and drunken behaviour decreased by five per cent in Forest Gate and 36 per cent in Stratford.

However, there has been an increase in the number of alcohol related incidents in the West Ham, East Ham and Upton Park areas which is why the police and council are proposing to extend the DPPO to cover the entire borough. This is not a total ban on drinking alcohol in public.

You can tell us your views on this proposed extension, which areas should be included and what conditions should be attached via the Newham website – www.newham.gov.uk – or by visiting your Local Service Centre or library and filling in a questionnaire. Landowners and businesses that hold a license to sell alcohol will also be contacted about the consultation.



Tell us your thoughts

- > Submit your comments online at www.newham.gov.uk
- > collect a feedback form from your Local Service Centre or library.

The formal consultation runs from now until Friday 17 October; a decision will not be made until the consultation period is over.

Newham and Essex Beagles win top title

The Newham and Essex Beagles athletics club are celebrating a summer of success. Not only have they retained their title as the UK's top men's club for the second year running but several members have also set new records at the Lee Valley Athletics Centre. At the recent competition, athletes from across the country battled it out in a range of disciplines including 100m, 200m, 800m, long jump, discus, shot putt and javelin.

The club scored 417 points in total, beating their previous club record of 399. This is the fourth highest in the British Athletics League's history.

For more information or to join the Beagles visit
www.newhamandessexbeagles.co.uk
or call 020 7366 8587.



Newham and Essex Beagles with their trophy



Long jumper Andre Fernandez

Get more from your money

Make making ends meet that bit easier by learning how to get the most from your money.

Back by popular demand, Stratford Library, 3 The Grove, E15, will be hosting **free** money workshops with a difference. Learn how to balance your books with budgeting skills and find out about how to avoid and sort out your debt problems.

You can attend as many of the following sessions as you like and they won't cost you a penny.

What causes debt problems? Fun quiz and discussion topic;

Tuesday 21 September, 1-3pm

Desert island disaster, essential or not? Priority and

non-priority debts; *Tuesday 28 September, 1-3pm*

How to manage debt, essential expenditure and how to draw up a financial statement; *Tuesday 5 October, 1-3pm*

The smart shopper's guide to loans;

Tuesday 12 October, 1-3pm

The sessions are delivered by independent specialist providers the East London Financial Inclusion Unit.

Places are free but need to be booked in advance. You can do this at any Newham library or by calling Stratford Library direct on 020 3373 0826.



Volunteer at House Mill

House Mill on Three Mills Island, E3, is not only the largest tidal mill in the world, it's also a charity-run Grade I listed building that needs volunteers to help keep it open to the public.

The River Lea Tidal Mill Trust is looking for volunteers to act as guides and receptionists at House Mill. Full training is provided and all that volunteers need is enthusiasm and being able to commit to volunteering for one duty per month.

To find out more and put your name forward, visit www.housemill.org.uk, call 020 8980 4626 or email info@housemill.org.uk



Visit House Mill

The Mill is open every Sunday from 1-3pm; and 11am-3pm on the first Sunday of the month for guided tours. Cost: £3 adults, £1.50 concessions, free for under 16s. Groups of eight or more can also request a bespoke tour using the contact details opposite. The Miller's House Café is open Monday-Friday, 10am-3pm and on Sunday tour days.



The knitting Olympics

If you're handy with your knitting then get your needles at the ready for the Scarf 2012 project. Run by the Three Mills Craft Association, the group are asking residents to knit a 20cm x 20cm square that will be incorporated into a giant scarf in time for the 2012 Games.



All knitters who take part will have their names recorded and contribution noted. To find out more, you can visit the group at the Community Craft Day at the Old Town Hall, 29 Broadway, E15, on Saturday 25 September, 11am-4pm; or get in touch with Josephine Smith at josephinedsmith@hotmail.co.uk or by calling 07762 946 820.

AND ALL THAT JAZZ



Come join Audrie & Friends as they perform pop songs and jazz on Saturday 25 September. The tunes get going at 7.30pm in St Edmund's Church and Centre, 464 Katherine Road, Forest Gate and tickets cost £5/£4 concessions which includes interval wine and snacks.

For more information or to book your ticket email audreypage22@aol.com or call 020 8471 0223. Tickets also available on the door.

Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU**

GALLERY



Demet Serkan, 12



Sidva Farooq, 7



Monira Khatun, 10



Ashmi Savundrarajan, 7

Win tickets to Stratford Circlets



Stratford Circlets

For great entertainment and a family day out, Stratford Circlets is the place to go with its successful fortnightly Saturday programme of theatre – catering for children, families and carers. Circlets provides affordable fun for ages 6 months to 11 years; visit www.stratford-circus.com for more information on all of their upcoming children shows. The winner shown on this page wins a family ticket for four to see Egg and Spoon on Saturday 25 September at 1pm. Get your entries in now for the chance of winning a family of four ticket to see Small Worlds on Saturday 6 November – you must be able to attend on this date. Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. **Don't forget to write your name, age, address and contact daytime telephone number on the back of your entry – good luck!**

Winner



Acshayan Savundrarajan, 12



Mizan Rahman, 13



Eesa Ahmad Attan, 9



Meryam

Poem

I wake up feeling a sense of
euphoria
I am serving Queen
Elizabeth
Not in London, on the
battlefield
Where people like me get
killed
At first I am patriotic then I
think
What am I fighting for?
We've had two worlds wars
We don't need anymore
It feels like solitary
confinement
During my next assignment
I hear a noise, am far too
scared to move
I am shot down by a sniper
The bullet as deadly as
venom from viper

Bravery by
Malik Barnett, 12

Joke

What do you call a donkey
with three legs?
Answer: A wonkey

Haroon Attan, 6

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

17 SEPT – 1 OCT

TRY SOMETHING NEW... NEWHAM WRITERS' GROUP

It's said that everyone has a story to tell so let yours begin by joining this friendly set of creative writers. On the last Tuesday of each month, the free Newham Writers Group meet at The Gate library to share their pieces of prose with one another, offering advice and feedback.

Before each session, the group are given a theme to inspire their poetry or prose. This month's theme is realisation. Previous themes have included: the worst job ever, writings on the wall and consequences.

If you'd like to attend the next session on Tuesday 28 September at 5.45pm, come to The Gate, Woodgrange Road, E7, prepared with poetry or prose of no more than 800 words based on the theme of realisation. All work must be your own and the session finishes at 7.45pm.

To find out more email Jacqui at
Latestarterjd@aol.com



ALL LIBRARY LISTINGS

See Library Contacts for venue details.

UNDER-5s GROUPS

All open to under-5s with their parents/carers.

Storytelling
Beckton Globe Friday 10-11am
Canning Town Monday 10.30-11.30am
Custom House Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich Thursday 2-3pm
Plaistow Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 2-3pm
Crafts Club
Manor Park Tuesday 10.30-11.30am
Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon
Imaginative Play
East Ham Friday 10.30-11.30am
Learning & Craft
Beckton Globe Tuesdays during school term 1.30-2.30pm

ADULT READING

Adult Reading Group
East Ham Monday 20

September 6.30-7.30pm

Read Around the World Book Group

The Gate Tuesday 21
September 6.30-8pm

OTHER GROUPS

Over 50s Club

Beckton Globe
Tuesday 9.45-11.45am

Click-On – computer sessions for over 50s

East Ham Friday 10am-12noon and 2-4pm

Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries

East Ham Friday 4-5pm

The Gate Thursday 10am-12noon

Manor Park Thursday 2-4pm

Knit & Natter – craft group for men and women of all ages and abilities

Beckton Globe Wednesday 10am-12noon

Canning Town

Friday 10am-12noon

Writers' Group

The Gate Tuesday 28 September 5.45-7.45pm

Movie Night – The Time Traveller's Wife (cert.12), adapted from Audrey Niffenegger's bestselling Novel.

Stratford Thursday 30 September 6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow

Thursday 4-6pm

Stratford

Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30 to 5.30pm

Stratford Playerz – Free activities for 7 to 14-year-olds. Play PS3, Xbox 360 and Wii consoles.

Stratford Thursday 23 September 4 to 6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

Family Reading Group – A chance for children aged five to 11 and their families to read and have fun together.

The Gate Saturday 25 September 2.30-4pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach Services

For more information call 020 3373 0813



Football

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham Leisure Centre

Fridays, 6-8pm, St Angela's School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's School

Each session costs £1. Contact Caroline on 07958 307 657 for

[more details.](#)

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasht Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)



Learning and Craft



Cricket

- 11-18, 6-9pm
 Priory Park MUGA, E6
Wed
 - 11-18, 5-8pm
 Priory Park MUGA, E6
Thurs
 - 11-18, 4-7pm
 Priory Park MUGA, E6
Fri
 - U14, 4-5.30pm
 - Girls 11+, 5.30-7pm
 West Ham Community Astro
 Turf (Beckton)
 - 11-18, 5-8pm
 Forest Gate Youth Centre, E7

Air Football 16+

Tues
 1-3pm, Stratford Park, E15
Fri
 3-5pm, Beckton Powerleague
 For more info visit
www.airfootball.co.uk

Ascension Football Academy

For info call Louise on
 07841 749 292.
 School years R-3:
 9.30-10.30am
 School years 4-7:
 10.45-11.45am
 School years 8-11:
 12noon-1.30pm
 All sessions £2.50
 King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon
 6-7.30pm,
 - 18+, 7.30-9pm, Newham
 Leisure Centre, E13
 -11-16 girls, Tues,
 4.30-6pm, Sarah Bonnell
 School, E15
 - Fri, 4.15-5.30pm 8-11 mixed
 3.30-7.30pm, 12-16 mixed
 Cumberland School, E13
 For more information about
 Newham All Star Sports
 Academy (NASSA)
 call Chris on 07932756197
 or Natasha on 07985281581
 or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues
 U15, 3.30-5pm
 U18, 5.30-6.30pm
 Newham Leisure Centre, E13
 (Multi-Sports Hub)
 Call Ari Bekker on
 020 8430 2484

Multi sports (free)

Newham NSP
 - Handball, football,
 competition
 5-7pm, 8-19
 Wed, Stratford Park, E12
 - Coaching and competition
 4-5.30pm, 8-19
 Fri, St John's Community
 Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1
 - Met Track 10-17
 Fri, 4.30-6pm
 - Newham and Essex Beagles
 Athletics Club, 10+
 Mon and Wed, 6.30-9pm;
 Sun, 10am-1pm
 Email jacqueline.ramsden1@btinternet.com

Cricket

- Tapeball cricket league (free)
 11-15, 16+, 6-9pm
 Kingsford Astro Turf
 - Rokeby community cricket
 (free)
 Wednesday 4-5pm
 8-16
 Rokeby School sports hall,
 Pitchford Street, E15
 Call Ben for info:
 07971 286 254 or
 email chambersharry@hotmail.com
 - Newham Cricket Club
 Monday 5-7pm
 8-16, £2 per session
 Flanders field,
 Napier Road, E6
 Visit www.newham.gov.uk
 for information.

Boxing

East Ham Boleyn ABC
 10- years +; boys only
 - Mon, Tues, Wed, 5-6pm
 East Ham WMC, 2 Boleyn
 Road, E6
 Call Daniel Penny on
 07958 124 144
 - West Ham Boys ABC
 9-years +; boys and girls
 Mon, Wed, Fri, 5-6pm
 The Black Lion, 59-61 High

Street, E13
 Call Lianne Jameson on
 020 8472 3614
 - Peacock ABC 8-years +
 Mon, Wed, 6-8pm
 boys and girls
 Caxton Street North, E16
 Call Martin Bowers on 020
 7511 3799
 - Newham Boys ABC
 6-years +; boys only
 Mon, Wed, Fri, 6-7.45pm
 Old Bath House
 141 Church Street, E15
 Call Ravinder Atwal/Joe
 Chapman 020 8519 5983
 - Fight For Peace 11 years
 +; boys and girls
 (Phone for session details)
 Woodman Street,
 North Woolwich, E16
 Call Marigold Ride
 on 020 7474 0054
**Contact clubs before
 visiting**

Free non-contact boxing

Non-contact boxing is the
 perfect way to increase your
 fitness, lose weight, build
 strength and learn to defend
 yourself.
 Osmani Boxing Club is open
 to males aged eight to 25
 Fridays, 4-6pm
 Froud Centre, 1 Toronto
 Avenue, E12
 For more information call
 020 7247 8080 or email
healthyfutures@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-



Newham
 Swords

15yrs, Sat, 10am-12pm
Street dance for girls, all ages,
Sat, 12-1pm
Non-contact boxing, eight-
12yrs, Sat, 2-3pm
All sessions are free, for info
call 020 8430 4775
Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic
champions; from ages four
to adult. The Hub in the grounds
of Newham Leisure Centre,
Prince Regent Lane, E13.
Tuesday 6.30-9pm
Thursday 6.30-9pm
Friday 7.30-10pm
Call Linda on 07956 618 898 or
visit www.newhamswords.co.uk

Newham Striders

Free, sociable walking group
that go striding in the local
area seven days a week. Visit
www.newham.gov.uk, email
paula.peatty@newham.gov.uk
or call 020 8430 2000 for
more information.

Heart Support Group Annual Walk Monday 6 September, 1.30pm

Central Park, High Street South,
E6, meet at the War Memorial.
Join the Newham Striders
and the Heart Support Group
on their annual walk to raise
awareness and money to help
beat heart disease. The walk is
suitable for all abilities and takes
place in the park.

For a sponsorship form and
to book your place contact
Sheila Williams on 020 7363
9317 or email sheila.williams@newhamhealth.nhs.uk

Shoujin karate club Friday session

- Ages 4-6, 6-6.45 pm
- Ages 6-16, 6-7 pm
- All adults, 7pm onwards

Sunday Session

Ages 4-6, 10-10.45 am
- Ages 6-16 beginners, 10-11 am

- Adult and Junior, 10-11.30 am
Sessions are priced from £3.50
and take place at Newham
Leisure Centre, Prince
Regent Lane, E13.
For more information contact
07508 070 638.

Ramgarhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm
Little Ilford School
Church Road
Manor Park

Juniors

Fridays, 6-7.30pm
Adults (Beginners/
Intermediate)
Fridays 7.30-9.30pm
Langdon School
Sussex Road
East Ham

For more information and
prices contact Kilvir Bahra
on 07803 834 037 or email
ramgarhia.bc@gmail.com

OPA Netball Club Tuesdays

Under 16s: 6-7pm and over 16s
8-9pm
Matches in Essex Met League/
Three Swords League on
Saturdays
Lister Community School, St
Mary's Road, Plaistow
All levels welcome, for more
information and prices call Lesley
Jones on 07717 281 529 or
email opa_netball_club@hotmail.com

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

New free Flying Wheels club for
young wheelchair users aged
6-22. With an emphasis on
wheelchair rugby and training
from professional players, come
experience different sports
activities and health and fitness.
Wednesday evenings, 7-9pm
The Hartley Centre, 267 Barking

Road, East Ham, E6
Call Eda on 020 8472 0058 for
more information.
Mon, Eastlea multi-sports club
for SEN & disabled young
people, Eastlea Community
School, E16, 4-5.30pm

Multi-Activities

People with Disabilities Club,
Tues, Newham Leisure Centre,
E13, 10.30am-12.30pm

Swimming for children with special needs

Tues, Newham Leisure Centre,
E13, from 2.30-4pm
Call NLC on 020 7511 4477
Newham Otters Swimming
Club, Sat, Newham Leisure
Centre E13, 4.45-5.45pm
For more information call
020 8552 3195
The 3 Hs, Sun, Balaam Leisure
Centre, E13, 12.30-2pm
For details call Zeenat
07528 562 902

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from 1.30-
3.30pm. To book an induction
you must contact Zahra Mirza
on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brampton
Manor School from 5-7pm

B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12noon

ARTS LISTINGS

National Theatre at Stratford Picturehouse

Thursday 23 September,
6.45pm

A brand new season of National
Theatre productions will be
transmitted live via satellite
to Stratford Picturehouse
this autumn. To celebrate, a

recording of Phedre starring
Helen Mirren, will be screened.

For more information on the
season of live NT productions,
visit www.picturehouses.co.uk

Theatre Royal Stratford East

Five Guys Named Moe

3 September – 2 October
Cost: £8-£27

A brand new production of
the smash hit West End and
Broadway musical. Sizzling
with dance, comedy and
the irresistible music of jazz
legend Louis Jordan, the score
of this award-winning show
includes Early In The Morning ,
Choo , Choo, Ch'Boogie, and
features dazzling choreography
and unforgettable comic
performances. Call 020
8534 0310 or visit www.stratfordeast.com

Stratford Circus

Osibisa

Friday 24 September, 7.30pm
Cost: £20 / £17.50

Osibisa, one of the legendary
pioneers of world music and
the inventors of global fusion,
opened the door to African pop
music with world-wide smash
hits "Sunshine Day", "Dance The
Body Music" and "The Warrior"
way back in the 70s.

Naija Groove

Saturday 25 September, 7.30pm
Cost: £20 / £17.50

A special one-off project that
brings three outstanding singers
(Juwon Ogungbe, Dele Sosimi
and Funmi Olawumi) and a host
of guests to join forces with the
mighty 10-piece Naija Rhythm
Orchestra lead by guitarist
Kunle Olasaju to tear up the
dance floor in celebration of
20 years of the annual London
African Music Festival.

Egg and Spoon

Saturday 25 September,
1pm / 3pm Cost: £6 / £5

Welcome to the magic circle,
where we celebrate the wonders

of nature. Sit down and relax on comfy cushions as Percy and April guide you through the four seasons. A multi-sensory and highly interactive journey.

Everything You Ever Wanted to Know About Roald Dahl

Monday 27 September,
11am / 2pm Cost: £3
Get every question you ever had about Roald Dahl answered by the ultimate Roald Dahl expert, author Michael Rosen. This event includes a unique opportunity to see a specially commissioned film about Dahl's life featuring interviews with some of the people who knew Dahl best.

Ockham's Razor – The Mill

Friday 1 October, 2pm & 8pm
Cost: £14 / £10
Critically acclaimed aerial theatre company, Ockham's Razor, return with their new show The Mill.

Newham Art School of A&Z

Durning Hall Community Centre, Earlam Grove, Forest Gate. Mondays and Thursdays, 6.15-7.30pm
Weekly pen and ink drawing classes for young people aged six-18. Free introductory classes,

thereafter £37 per month.

For more information call Zoya on 020 2847 10576 or email fineart@newhamartschool.co.uk

COMMITTEE MEETINGS

The following meetings all take place at the Newham Town Hall unless specified.

Audit Board

Monday 20 September, 7pm

Newham Partnership – Children and Young People Trust

Tuesday 21 September,
4.30 pm
Room EG.05/06, Ground Floor, East Wing, Newham Dockside, 1000 Dockside Road, London, E16 2QU

Crime and Disorder Scrutiny Commission

Tuesday 21 September, 7pm

Strategic Development Committee

Tuesday 21 September, 7pm

Newham Partnership – Crime and Disorder Reduction Partnership

Wednesday 22 September, 2pm

Joint Committee of the London 2012 Olympic and Paralympic Host Boroughs

Friday 24 September, 9.30am

Overview and Scrutiny Committee

Tuesday 28 September, 7pm

SACRE - Launch of the 2010 Religious Education Syllabus

Thursday 30 September, 5pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next four month period. The September Edition of the Forward Plan was published on 17 August.

MEET THE MAYOR

Mayor's Question Times

Monday 20 September,
7-8pm
Old Town Hall Stratford,
29 Broadway, E15

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email mag@newham.gov.uk

TWISTED PINK DRAMA AND DANCE CLASSES

Get dramatic and get dancing at these two-hour long classes for seven to 20-year-olds. Held at Community Links Squash Club (near Newham Leisure Centre), Prince Regent Lane, E13, registration for the year costs £10 and each class is then £1.50 a time. Classes take place every Wednesday and every Friday from 5-7pm and you can just drop in and register on the night.

For more information call Jacqueline Reid on 07534 513 307, email twistedpink26@aol.com or visit <http://twistedpink.org.uk>



Teacher Jacqueline Reid



Mayor's Surgery

Tuesday 21 September,
5-6pm
Newham Town Hall,
Barking Road, E6
Saturday 24 September,
9-10am
Manor Park LSC, 689
Romford Road, E12

Telephone surgery

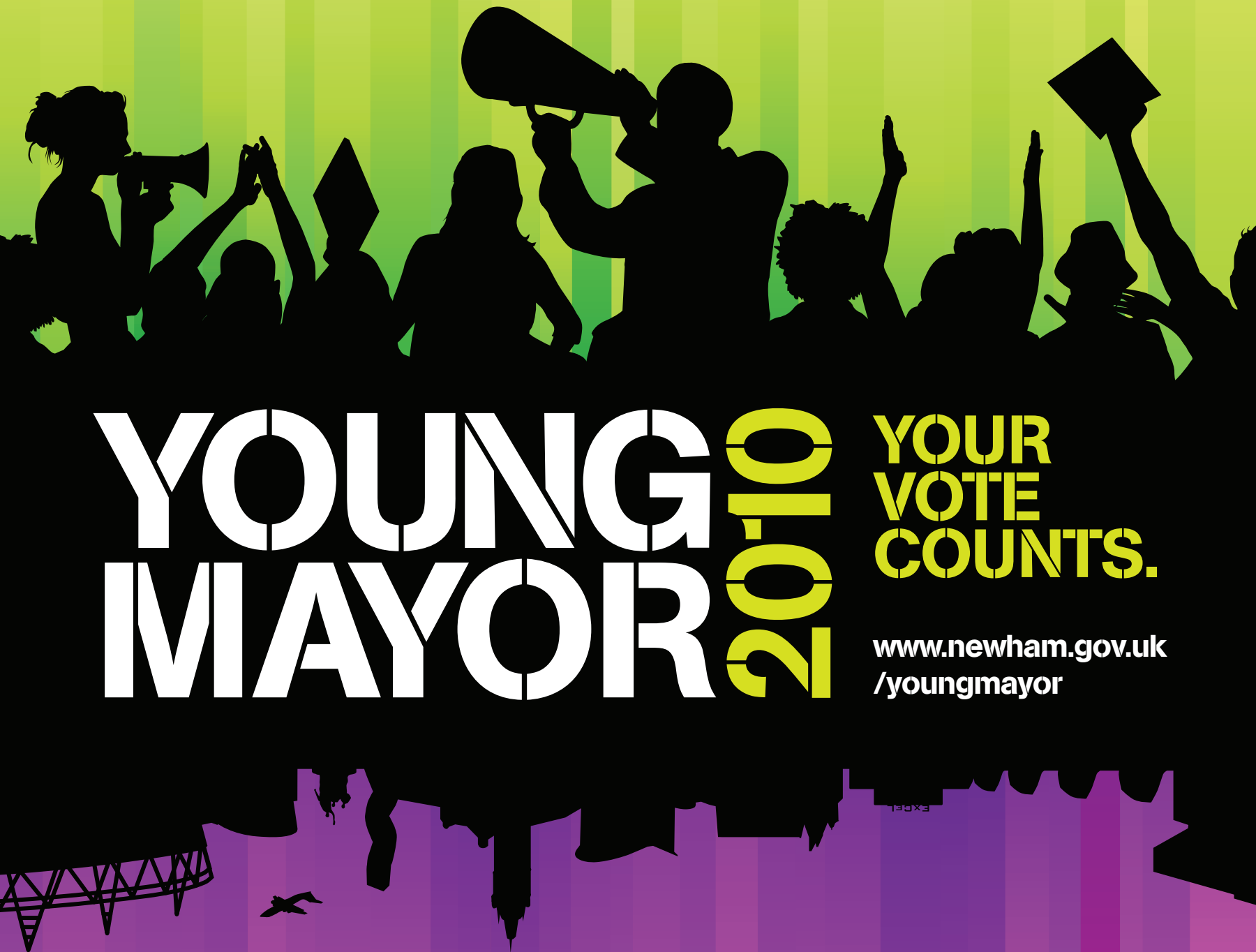
Wednesday 22 September
Residents can telephone 020 3373 8444 between 9.30-10.30am and speak directly for the Mayor.

can you
read me a
story?

Fostering, what would you say?

For a career that's financially and
emotionally rewarding call us free on

0800 013 0393
newhamfostering.co.uk



YOUNG MAYOR 2010-2011

**YOUR
VOTE
COUNTS.**

www.newham.gov.uk/youngmayor

Nominations: close at 5pm on 20 September
Primary election: 27 September - 5 October
Final election: 3 - 4 November